

Warren SENTINEL

New Peace
Keeper
comic
inside



Fire Dept.
responds to
off-base blaze

Warren's year
in photos

Commentary

What I believe

Maj. Darren Easton
37th Helicopter flight commander

Recently, I had the unique opportunity to attend a ceremony honoring Marine Corps Capt. Milton Kussman at the Veteran's Administration hospital. Captain Kussman was presented with two Distinguished Flying Crosses and six Air Medals for his heroic actions while flying Navy F6F fighters 60 years ago in the Pacific. It was truly moving to be able to witness the decoration of a man who put his life on the line to bring the world back from the brink of destruction.

Watching Captain Kussman stand tall in his dress blues, faded by the years, made me reflect on the actions of his generation and how they relate to the actions of the warriors of the 90th Space Wing. These are two separate generations of American fighting men and women who are different in so many ways, but share the common bond of giving their lives for the cause of freedom.

The generation that fought World War II faced and overcame difficulties that I cannot grasp, living in Cheyenne Wyoming in 2004. Nobody has looked at me and told me to charge a beach with my unit, knowing that few if any of us would return. Nobody has told me that bread and butter are rationed at the store because we need to support the war. For enduring these things and securing our way of life, we as a nation should be eternally grateful to our parents, grandparents and great-grandparents.

There is a way, however, in which Captain Kussman had it easier than do we. The danger he faced in the Pacific was real, visible and imminent. The dangers we face in the 90 SW may be both real and imminent, but we are fighting an enemy that we cannot see. When Captain Kussman shot down a zero or destroyed a

machine gun nest, he knew he was winning. We know we are winning only when we don't fire a shot. How do we as a fighting unit maintain our focus and vigilance, sitting alert 24/7/365, taking up our posts to fight a war we cannot see?

As I took the guidon of the 37th Helicopter Flight from Col. Jack Weinstein, 90th Operations Group Commander, I realized the need for us to have a common starting point that underscores who we are and why we take up our posts. We have core values, the code of conduct, and a mountain of regulations, operating instructions and policy letters, but none of those bind us together on the bedrock of why we put on the uniform and come to work every day. So, I took the liberty of pulling together a few fundamental beliefs that comprise that starting point. We can argue at length about the proper force mix for a launch facility recapture or the wording of a particular regulation or what we think of the new garrison utility uniform, but if you believe in a few basic principles, we belong together, fighting in the forces which guard our country and our way of life.

I believe in the Constitution of the

Believe, page 3



Happy New Year, Mighty Ninety! I hope you all had a meaningful, fun and safe holiday. I personally had a great start to the new year by witnessing the first regular meeting of the **Governing Body of the City of Cheyenne**. My congratulations to **Mayor Jack Spiker**, the **City Council**, including the newly elected **Council Pres. Patrick Collins**, and to our appointed **city officials**. I share **Gov. Dave Freudenthal's** sentiments that as we conduct the Global War on Terror and as people from our own wing deploy to harm's way either across the missile complex or overseas, what we witnessed here in Cheyenne is the result — local democratic government in action and an orderly transition of power. It made me proud to be both an American and a military member and was the perfect way to start the new year.

This event was especially poignant for me because we'd received word that one of our own had been wounded in action in Iraq. **Airman 1st Class Christopher Murphy of the 90th Logistics Readiness Squadron** was headed to Mosul, Iraq, when an improvised explosive device and small arms fire hit his convoy. He'll make a full recovery and has already been in contact with his family back home. So, as we celebrated Family Day back here on base, troops like Airman Murphy were defending our freedoms. And those same troops and others across the complex were doing the same as our city government was changing hands. We can never forget why we wear the uniform or the impact we have at home and abroad. I'm proud of all of you for your service to our nation.

I'm also proud of our Team Warren family who have embraced our concept that **Life is a No-Lone Zone**. **Mighty Defender Senior Airman**

Hoops Shots

Kevin Chellis is also a **Mighty Wing Man**. Over the holidays a friend of his got terrible news of a death in his family. Airman Chellis did the right thing by ensuring his friend got the help he needed to work through a tough situation during the stressful holidays. **1st Lt. Shari Lopez** from the **Mighty Medics** took the call from a very depressed individual and through effective counseling and some smooth detective work was able to prevent her caller from harming themselves and got help to the scene. There are probably dozens of stories like these across our base. Thanks to all of you for serving each other as we serve the nation.

Speaking of **Mighty Medics**, our congratulations to **Capt. (Dr.) Justin Tingey** for his selection as one of only two Air Force physicians for a six-year urology training program at Wilford Hall. Well done!

Another great call was made by **Airman 1st Class Juan DePedro** of our **Mighty Maintainers**. He was driving his M-van when a deer suddenly jumped in his lane. Instead of swerving like most people want to do, he remembered his training from FTAC — kept a tight grip on the wheel, let up on the gas and drove straight. His heads-up action saved his team and vehicle. Great job!

With the holidays behind us it's now time to refocus on the future and the next big event is our **Nuclear Surety Inspection**. We'll do great if we do the right things regarding the **Personnel Reliability Program**. Make sure you are calling your commander each and every time you receive medical care — on or off base, military or civilian caregiver, on duty or on leave/TDY, first appointment or another in a string, whether you are currently up or down on PRP — call each and every time. Remember **NSI means No Second Inspection!**

--Col. Hoops

Warren SENTINEL

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On the Cover...



Photo by Airman 1st Class Tessa Cubbon

Warren's fire department responds to a blaze in downtown Cheyenne Dec. 28, 2004.

Commentary

Believe, from page 2

United States of America. I believe that our forefathers embodied in one living, breathing document the spirit and soul of the greatest nation ever to grace the earth. I would not have sworn my life to protect it if this were not so. I believe that all of the leaders, personalities, policies and actions of Americans, good or bad over the past two centuries, are transcended by this spirit and soul.

I believe in the United States Armed Forces. I believe that the blood and the sweat of brave and noble yet very ordinary men and women from Valley Forge to Appomattox to Normandy to the Cho Sin Reservoir to Fallujah and all the dark unknown parts of the world bind all of us together in a heritage of those who believe there is something greater than themselves. I believe that I will never know the true extent of their sacrifices which allow me to stand here today and allow all of us the freedoms that we enjoy and those so desperately

sought after around the world. As with the Constitution, their gallantry transcends the good and the bad that covers the headlines today.

I believe in the mission of Air Force Space Command and the 90 SW.

I believe that if it were not for the eternal vigilance of those who stand watch in capsules underground 24 hours a day 365 days a year, the Berlin Wall would still stand and we would either still be under the cloud of the Cold War or this base would be a small, uninhabitable corner of the Russian Empire.

I believe that our dedication and determination to stand our watch is the reason we have never had to fire one of these weapons in anger.

I believe that all of the Emergency War Orders, codes and weapon systems in the world would be for nothing if not for the security forces who take up their posts through bitter winds and blistering heat. Weapons ready, on a never-

ending patrol, they fight the war with deterrence on the gravel roads and wheat fields of the high plains where the terms "weekend" and "normal duty hours" mean nothing.

I believe in the 37th Helicopter Flight, a unit with a proud heritage, dating back to the Air Rescue Service, commissioned March 13, 1946, and on to the 37th Aerospace Rescue and Recovery Squadron to which so many serving in Vietnam owe their very lives.

I believe in darkening the sky with Hueys full of cops if the bad guys ever dared attack us. I believe that our vigilance keeps them at bay. I believe in training hard in case that day ever arrives.

I believe that no amount of procedures leading to a key turn would amount to anything if not for the maintainers who keep the missiles on alert. I believe in the vital role played by the chefs, facility managers and support base personnel, and that without them we would have, as one missileer put it, a bunch of

40-ton paperweights.

I believe in the true sacrifice of the husbands, wives and children who stand watch at home through late night shifts, ORI prep, TDYs and the Cheyenne wind.

I believe that without their support, patience and dedication, the missiles would go off alert, the helicopters would be grounded and the enemies of freedom would rejoice.

We are all deeply indebted to Captain Kussman, our predecessors of the 90th Bomb Wing, and the millions of others of the greatest generation who preserved our nation in the 1940s.

They faced dangers and made sacrifices that likely will never be asked of us.

Let no one reading this, however, doubt that the nation is equally indebted to the noble warriors of the Mighty Ninety who have preserved our nation for decades, knowing that our ultimate victory is in never firing a shot in anger. Keep the faith and believe in our calling.

PEACE KEEPERS

By A1C Nathaniel Turner, 90MMXS



Events for African American History Month

Friday, Jan. 14

The Martin Luther King Luncheon will be held Jan. 14 at 11:30 am at the Trail's End Club. For members, the cost is \$9.40 and for non-members the cost is \$11.40. To RSVP call Tech. Sgt. Wright at 773-4583 by today.

Saturday, Jan. 15

An African American History Expo will be held from 10 a.m. to 2 p.m. at the Trail's End Club. The cost is free.

A dominos, spades and pool tournament will be held from 3 p.m. to 8 p.m. at the Trail's End Club. The cost is free.

Join us at the Trail's End Club for a Hip Hop Dance 9 p.m. to 2 a.m.

Saturday, Jan. 22

Show off your skills at the Jazz Music and Open Mic Night at the Trail's End Club 6 p.m. to 8 p.m.

Sunday, Jan. 30

Come to the Base Chapel and enjoy the Gospel Festival at 5 p.m.

Tuesday, Feb. 1

Parents and children are invited to the African American History Month Kids Event at the Base Youth Center at 4 p.m.

Thursday Feb. 24

The African American History Month Food Sampling will be held at the Logistics Readiness Squadron High Bay from 11 a.m. to 1 p.m.

Saturday, Feb. 26

Come to the Trail's End Club at 7 p.m. for the African American History Month fashion show.

We're inspection ready every day



Photo by Airman Deanna Lehart

A member of the 90th Civil Engineer Squadron Explosive Ordnance Disposal team works with a robot during the Operational Readiness Inspection in May 2004. Warren earned an overall "Excellent" rating.



Photo by Staff Sgt. Mitch Fuqua

A member from the 90th Civil Engineer Squadron Fire Department works while under the watchful eye of an evaluator during the Operational readiness Inspection May 2004.



Photo by Master Sgt. Jeff Bohn

Lt. Col. Steven Ditmer, 90th Civil Engineer Squadron commander, serving as the deployed survival recovery center director, received an exercise post-attack brief at the head of the table while in full chemical protective gear. Colonel Ditmer and approximately 160 Warren Airmen deployed to an on-base exercise location May 22 to May 23, 2004 as part of the AFSPC Inspector General evaluation that tested Airmen's ability to survive and operate in an austere wartime environment.



Photo by 1st Lt. Darrick Lee

Airman 1st Class Bradley Stratton, 90th Missile Security Forces Squadron, groped for an ammunition can during the 11th annual Crow Creek Challenge June 30, 2004. He and three other members of Flight #1 fire team were successful in finding an ammo can while blinded and crawling through adverse terrain in under 18 minutes.

Honor with dignity



Photo by 1st Lt. Nicole Walters

Members of the Warren Honor Guard post the Colors Jan. 24, 2004 at a Colorado Eagles game in Windsor, Colo. The Eagles hockey team was celebrating Military Appreciation Day by offering discounted tickets through outdoor recreation.



Photo by Airman 1st Class Connor Elayan



Photo by Liz Saucier

Warren's Honor Guard helps welcome the Thunderbirds to Cheyenne July 25, 2004. The team's F-16Cs landed at the Wyoming National Guard.



Photo by 2nd Lt. David Tervin

New members of Warren's Honor Guard train to perfect basic rifle movements as a team. The training is part of a grueling four-day training where the Airmen learn everything from basic honor guard movements to rifle, manuals, color presentations and firing party procedures.





Courtesy photo

First Lt. Drew Downey, 320th Missile Squadron missileer, is the current American Bicycle Champion and the 2004 National and World Bicycle Association Champion.



Photo by 1st Lt. Darrick Lee

Flying down the slopes at disturbingly quick speeds, a patron of Space Command's SnoFest has a great time on his new-fangled skiing contraption known to the youngsters as a "snow board." The 14th annual SnoFest weekend took place Jan. 30 through Feb. 1 at the Keystone resort in Colorado.



Photo by Airman 1st Class Lauren Sixbey

A servicemember flies down the slopes during the Cardboard Derby. Participants in this event must build a sled with nothing but cardboard, paper, tape, rope and paint.



Photo by Airman 1st Class Craig Cisek

Members of Warren's Security Forces Guardian Challenge team finish the obstacle course at the 2004 Guardian Challenge held at Vandenberg Air Force Base, Calif., May 2 through May 7, 2004. The Warren team competed against Space Command's finest in security forces, missile operations and communications, missile maintenance, helicopters and chefs.

6 by 6



Photo by 1st Lt. Nicole Walters

First Lieutenant Jeremy Sparks protects a cowboy by distracting a bull Aug. 1, 2004 during Cheyenne Frontier Days. Lieutenant Sparks, a 321st Missile Squadron missileer, has been fighting bulls and protecting cowboys at CFD for the past three years.



Photo by 1st Lt. Nicole Walters

Lieutenant Sparks dodges and weaves a graceful dance around one slightly angry bull.



Photo by 1st Lt. Darrick Lee

Members of Warren's basketball team shoot hoops.

Distance helps Airman get degree, get ahead

Warren SFS member finds college to fit anyones schedule

Rebeka Yeagar
Grantham University student

When Staff Sgt. Scott Steeves joined the military 18 years ago, college students were usually fresh from high school and a university education almost always meant classrooms, dorms, and campus lawns.

The world has changed greatly in the last 18 years, and now more than ever, college students - like Sergeant Steeves, a computer science major at Grantham University - are older, with families and established careers. Technology

coursework at Grantham in April, Sergeant Steeves has never set foot in a classroom, and he's able to fit his classes in between his duties to his country and his duties to his family.

Grantham is a distance education university, and all of his educational needs, from completing coursework to consulting professors, can be met online and at his convenience.

Sergeant Steeves is one of six Warren students at Grantham University, and he's part of a larger trend in distance education. According to the U.S. Department of Education, enrollment in distance education courses has more than doubled since 2000.

In the past, distance learning meant taking courses through audio or video feeds. Today's technology has allowed schools to offer more and more courses using the Internet.

This new distance learning model is ideal for military personnel who are deployed, move frequently, or whose duty schedules make it difficult to attend traditional evening classes.

"I've moved around a lot," said Sergeant Steeves of his 18 years in the military. "The majority of that time was spent in Germany. I moved my family there when my daughters were two years old and 18 months. I tried to take some classes in Germany and when I was stationed in California, but it never worked out. I couldn't make the classes work with my schedule and I'd get frustrated and lose interest."

With distance education, Sergeant Steeves can take his courses with him wherever he goes, and he can do his schoolwork on his own, whenever he has time.

"I've always been interested in computers," he said, "and now in the computer age distance learning makes getting an education so much easier. Compared to going to a classroom, taking classes on-



line works so much better for me. This fits with my schedule."

In addition to the benefits of an education flexible enough to accommodate their unique situation, Sergeant Steeves and his fellow students are able to take advantage of another benefit - a full scholarship which takes care of all educational expenses not covered by the military.

"I think distance education is perfect for students in the military, especially those who do shift work and don't have time to go

to class," said Sergeant Steeves. "I talk to younger Airmen and they say they don't have time to go to college. They don't realize that with the availability of the Internet, they *do* have time. I wish more Airmen understood that there are resources out there, that there are colleges that will fit their schedules. All they have to do is take advantage of these programs."

To learn more about distance education, contact the education office at 773-2117.

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-- STAFF SGT. SCOTT
STEEVES**

is changing the way people do their jobs and access their education, and today, more students are earning degrees at a distance.

Sergeant Steeves works in the 90th Security Forces Squadron, and he spends his days researching, proofing and finalizing plans that impact security police operations on the base and in the field. At night, he and his two daughters - a high school sophomore and a 7th grader - do their homework together. Since beginning his

This page is reserved for outstanding Warren members who wouldn't normally get the recognition they deserve

Club deals up Texas Hold'em

Play Texas Hold'em poker Jan. 22, 2 p.m. at the Trail's End Club. All entrants will receive \$20,000 in Club Bucks.

Top five players will receive AAFES gift certificates as prizes. Blinds start at \$100 and increase every 30 minutes.

Blinds are to the left of dealer and rotate, as does the dealer. Sign up by Jan. 14.

The cost to members is \$15 and non-members is \$20. If you wait until the day of the Hold'em the fees will be members - \$20 and non-members - \$25. Must be at least 18 years old to play.

Call 773-3048 for more information.

Sundays are Family Days at Chadwell Dining Facility

Chadwell Dining Facility hosts Family Day every Sunday, noon - 1 p.m. All active duty members may bring their family members with military ID cards to dine.

Also invited are family

members of the deployed.

Call 773-3838 for more information.

Treasure hunting in the Rocky Mountains

Outdoor Recreation has planned a treasure hunting and shoeshoeing adventure into Rocky Mountain National Park for Jan. 29.

The trip will depart at 7 a.m. and is scheduled to return by 7 p.m.

Participants may enjoy the picturesque valleys and rivers that make Rocky Mountain National Park one of the most spectacular areas in the Colorado Rockies. Explore this national icon using our new handheld Global Positioning Systems in search of hidden treasures.

Trip includes transportation and equipment (snowshoes and GPS). Bring water, sack lunch, layers of clothes. The cost is \$15 per person.

Call 773-2988 for more information.

Colorado Eagles pro hockey discount tickets on sale

Military discounted tickets to the Colorado Eagles professional hockey games are on sale now for Jan. 22 and Mar. 12.

Tickets are \$16 each. Games start at 7:05 p.m. at the Budweiser Events Center.

These discount ticket are on sale only at Outdoor Recreation while they last or until the Tuesday prior to game day.

Call 773-2988 for more information.

MLK bowling special at Warren Lanes

Warren Lanes bowling center will be open Martin Luther King Jr. Day with a bowling special. Bowl Jan. 17, from 11 a.m. to 5 p.m. for \$5 per hour and pay 50 cents for shoe rental.

For more information call 773-2210.

Super Bowl party at the club!

Everyone is invited to join the fun at the Super Bowl XXXIX Party Feb. 6 at the Trail's End Club. The doors open at 1 p.m. and the

game begins at 4:25 p.m. This Football Frenzy party includes prizes, food and half time games of skill. There is no cover charge and club members and non-members are welcome.

The Football Frenzy X Box will be given away to a club member present.

For more information call the club at 773-3048.

Base library offers children's story hour

Parents can bring their children to the base library for story hours every Friday, 11 a.m.

A celebration for National Thank You Month is scheduled for today at 11 a.m. After a brief story, participants can make a thank you card.

Jan. 14, we will be celebrating Family Fit Lifestyle Month. Stories about fun with family and playing will be read. The craft is to make a jump rope.

Jan. 21, we will celebrate Walk Your Pet Month. Dog stories will be read and participants can make a Clifford the Big Red Dog craft.

Jan. 28, we will celebrate

National Get Organized Month. Stories about chores and cleaning the bedroom will be read.

The craft is to make own puzzle, as Jan 29 is National Puzzle Day.

Children's story hours are sponsored in part by National Property Inspections. No federal Endorsement of sponsor intended.

For more information call 773-3416.

Ladies night out

It's Ladies Night Out when Outdoor Recreation takes a trip to Greeley Colo., for the Broadway musical comedy smash hit about six good buddies whose desperate plan to get their lives back together requires them to triumph over their fears, their nerves...and their clothes.

See The Full Monty at the Union Colony Civic Center Mar. 12, 8 p.m. The cost is \$35 and includes ticket, drinks, hors d'oeuvres and transportation! Sign up by is Feb. 1.

Call ODR at 773-2988 for more information.

6 by 6

The Sentinel staff wants to know ... How are we doing?

Each year, we make changes to the paper based on your inputs. Please check one response for questions 1 through 9. Please return the survey to the public affairs office by close of business Jan. 31.

1. How often do you read the **Warren Sentinel**?

Every week Every two weeks Once a month Once every six month Never

2. Does the **Warren Sentinel** cover the mission adequately?

Always Most of the time Sometimes Rarely Never

3. Does the **Warren Sentinel** cover Warren people adequately?

Always Most of the time Sometimes Rarely Never

4. Does the **Warren Sentinel** cover Warren units adequately?

Always Most of the time Sometimes Rarely Never

5. Does the newspaper print enough photographs?

Always Most of the time Sometimes Rarely Never

6. Does the newspaper print enough Space Command news?

Always Most of the time Sometimes Rarely Never

7. Do you read the *Peacekeeper Comic*?

Always Most of the time Sometimes Rarely Never

8. Should the Warren Sentinel run member obituaries?

Yes No

9. Should the Warren Sentinel be delivered to dorms/base housing?

Yes No

Please check all that apply.

10. Why do you read the newspaper?

News Sports Features Commentary Action Line Comic People

11. What can we do to improve the **Warren Sentinel**?

Did you know?

All F.E. Warren personnel have a responsibility toward the PRP, whether or not they are on the program themselves. If you aren't on PRP, be a good wingman and go that extra mile to help monitor reliability - remind friends to report any involvement with law enforcement, on- or off-base medical treatment, or anything else that might bring their reliability into question.

All security investigations must be current within the last five years.

All PRP personnel are required to submit for a periodic re-investigation no later than

the 54-month point.

If you think you may be approaching your deadline, contact your unit PRP monitor or security manager as soon as possible.

Your help in ensuring that all flight members accurately answer the "Five Questions of Death" prior to departing to the field will keep the 90 SW's PRP program running smoothly.

If anyone from your flight inaccurately answers one of the questions, report it immediately to your supervisor.

The questions are:

1. Have you seen a physician, medical technician, practitioner, dentist, chiropractor, counselor or

hypnotist?

2. Are you taking or have you taken any prescription OR OTC medication?

3. Have you had any adverse reactions from over-the-counter (OTC) medications since your last duty day or taken an OTC medication for the first time within the last twelve hours? Have you taken any OTC medications within the last 12 hours that cause drowsiness?

4. Have you experienced any relationship/financial difficulties?

5. Have you had any legal issues, arrests, tickets, etc?



Your
Time is
Precious

Close
Dumpster
Lids After
Each Use